



LINGFORDS

IDEAL HOME

RECIPE

BOOK

No. AD/32.

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NOTE PARTICULARLY

Plain cakes with few eggs require more baking powder than rich cakes with a larger proportion of eggs. In the recipes given, where two or more eggs are used, one of the eggs may be replaced by adding an extra $\frac{1}{4}$ teaspoonful of LINGFORDS' BAKING POWDER. Thus economising in expensive ingredients.

NOTE PARTICULARLY

When a teaspoonful is mentioned as a measurement of baking powder, a heaped teaspoonful is meant with as much above as in the bowl of the spoon. A half teaspoonful is a level teaspoonful.

THE IDEAL HOME RECIPE BOOK

Compiled to cater
for the needs
of young women
"of all ages"

Published by

JOSEPH LINGFORD & SON

Manufacturers of Quality Powders
Since 1861

Bishop Auckland, County Durham

THE HISTORY OF LINGFORDS BAKING POWDER

NEARLY a hundred years ago there lived in the Midlands an old lady who was famous amongst her friends for her wonderful cakes. Her recipes, on occasion, she was not unwilling to discuss, but she invariably disclosed the fact that the real success of her cookery was due to the use of a special Baking Powder, the formula of which she kept a close secret. In due course, however, the Baking Powder recipe became the property of two of her young friends, Joseph and Samuel Lingford, who commenced to sell this Baking Powder in their shop—which they had opened in Bishop Auckland about the year 1852.

Almost from the commencement the sale of this special Baking Powder in the grocery shop constituted an important section of the firm's trading; so much so that, in 1861, "the child outgrew the man" and the grocery business was sold and the firm of Joseph Lingford and Son concentrated all their efforts on manufacturing.

To-day there are probably few North-Country homes wherein Lingfords is not known, and regularly used—in fact, a lady, writing, probably sums up the position in better words than we can when she says: "baking day would be a tragedy without Lingfords Baking Powder."

The firm of Joseph Lingford and Son to-day still manufacture the original Baking Powder. They are specialists "in helping you to make GOOD cakes and pastry"; their long years of experience in manufacturing have made them experts in the preparation of THE BEST BAKING POWDER. The old lady's recipe is still used exactly as she invented it—it has never been altered. "YOUR cakes and pastry will be a success, PROVIDING you make them with Lingfords."

THE WISDOM OF USING FRESH PLAIN FLOUR AND LINGFORDS BAKING POWDER

The old adage that "the longest way round is the shortest way home" points an unmistakable moral for the woman who aspires to be perfect in cookery. The temptation to save a second or two by using ready-mixed flours instead of plain flour and Lingfords frequently leads the unwary astray.

Every woman knows that perfection in cookery can only be achieved by adding the correct amount of raising agent which varies with almost every recipe. It is not possible to do this when fancy ready-mixed packet flours are used. You would not think of mixing your tea and sugar together in fixed quantities for the simple reason that some people require more sugar than others. Yet, that is much the same as using fixed mixtures in cookery.

But, there are other important reasons why you should use plain flour and LINGFORDS BAKING POWDER, you can always depend upon plain flour being fresh. Where there is no soda or acid mixed with it, there is not the danger of dampness in the store or pantry tending to sour the flour. Secondly, there is the question of economy. The savings made by the use of fresh plain flour and LINGFORDS BAKING POWDER is clearly shown in the following table.

COMPARATIVE APPROXIMATE COSTS

PACKET FLOUR	PLAIN FLOUR & LINGFORDS
1 lb. Packet Flour 3d.	1 lb. Best Plain Flour .. 1½d.
	1 Teaspoonful of Lingfords Baking Powder ¼d.
<hr/> 3d. <hr/>	<hr/> 1¾d <hr/>

Note the saving of 1¼d. is almost half price.

Thirdly, and by far the most important reason is that, the richness of LINGFORDS BAKING POWDER gives extreme lightness to all cakes and pastries and renders them easily digestible, fresh and delicious.

PASTRIES SECTION.

NOTES ON PASTRY MAKING

All pastry should be kept as cool as possible because the cooler it is when it goes into the oven, the more it will rise.

To keep pastry cool :—

1. Mix in a cool place.
2. Handle as little as possible.
3. Use cold water and cold utensils.
4. Roll very lightly.

All pastry should be baked in a *hot* oven and the richer pastries require a hotter oven than the plainer varieties.

SUET CRUST PASTRY

8 ozs. flour
1 teaspoonful LINGFORDS BAKING POWDER
4 ozs. suet
 $\frac{1}{2}$ teaspoonful salt
Cold water to mix

Mix flour, salt and baking powder together. Chop suet very finely until it looks like breadcrumbs. Mix with flour and mix stiffly with cold water using a knife and then the tips of the fingers to press it together. Roll out and use as required.

STEAK AND KIDNEY PUDDING

PASTRY :

6 ozs. flour
3 ozs. suet
 $\frac{3}{4}$ teaspoonful LINGFORDS BAKING POWDER
Cold water to mix

FILLING FOR PUDDING :

$\frac{3}{4}$ lb. lean steak
 $\frac{1}{4}$ lb. kidney
1 heaped teaspoonful flour
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{2}$ teaspoonful pepper
Cold water

Cut the steak into strips and roll each strip neatly with a small piece of kidney inside it. Mix flour, salt and pepper together and dip the rolls of beef into this seasoned flour. Mix pastry as directed in recipe for Suet Crust Pastry. Cut off one quarter and roll remaining three-quarters into a round big enough to line pudding basin. Grease a basin and line with pastry. Place rolls of steak in basin and half fill with cold water. Damp the edges of the pastry, roll out remaining quarter of pastry to round the size of top of basin, and press this round firmly on top of pudding. Cover with pudding cloth tied securely and plunge into boiling water. Boil three hours. Remove cloth, fill pudding with boiling water and serve in basin with serviette wrapped around it. A fruit pudding is made in the same way using fruit and sugar instead of meat and seasoned flour. It should be boiled for two hours or steamed for two and a half hours.

SAUSAGE AND TOMATO PUDDING

PASTRY :

6 ozs. flour
3 ozs. suet
 $\frac{3}{4}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{2}$ teaspoonful salt
Cold water to mix

FILLING FOR PUDDING :

$\frac{3}{4}$ lb. sausage
 $\frac{1}{2}$ lb. tomatoes
2 onions
1 oz. dripping
Gravy or stock

Mix pastry as directed in recipe for Suet Crust Pastry and line a greased basin with pastry as directed in recipe for Beef Steak Pudding. Cut the onions into rings, heat the dripping in a frying-pan and fry the onions until a golden brown.

Remove the skins from the sausages and cut the tomatoes into slices. Place a layer of the sausage meat in the bottom of the lined basin, cover with a layer of tomato and then with a layer of fried onions. Repeat until basin is full. Pour in a little stock or gravy, cover with pastry, tie on pudding cloth firmly and boil for 2 $\frac{1}{2}$ hours.

APPLE AND CURRANT ROLL

PASTRY :

6 ozs. flour
 $\frac{3}{4}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{4}$ teaspoonful salt
3 ozs. suet
Cold water to mix

MIXTURE :

$\frac{1}{2}$ lb. apples (chopped)
2 ozs. currants
2 ozs. brown sugar
 $\frac{1}{2}$ teaspoonful mixed spice

Mix the pastry as directed in recipe for Suet Crust Pastry, and roll out into a strip about 9 inches wide. Mix the ingredients for mixture together and spread on pastry leaving $\frac{1}{2}$ -inch round each edge without mixture. Damp the edges with cold water and roll up. Tie in a floured cloth and boil for 1 $\frac{1}{2}$ hours or preferably place in a steamer and steam for 2 hours.

SAVOURY ROLL

PASTRY :

6 ozs. flour
3 ozs. suet
 $\frac{3}{4}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{4}$ teaspoonful salt
Cold water to mix

SAVOURY ROLL (*continued*).

MIXTURE :

- $\frac{1}{2}$ lb. cooked onions
- 1 teaspoonful sage
- 2 ozs. breadcrumbs
- 1 oz. butter
- Seasoning

Mix the pastry as directed in recipe for Suet Crust Pastry. Chop the boiled onions finely and add sage, breadcrumbs, seasoning and butter. Roll out the pastry into neat strip about 9 inches wide. Spread with mixture, damp the edges of pastry with cold water and roll up. Steam for 2 hours. If a steamer is not available tie in pudding cloth and boil $1\frac{1}{2}$ hours.

TREACLE LAYER PUDDING

PASTRY :

- 8 ozs. flour
- 4 ozs. suet
- 1 teaspoonful LINGFORDS BAKING POWDER
- $\frac{1}{2}$ teaspoonful salt
- Cold water to mix

MIXTURE :

- 3 ozs. breadcrumbs
- 5 tablespoonfuls golden syrup or treacle
- $\frac{1}{4}$ teaspoonful ground ginger
- 2 teaspoonfuls lemon juice

Mix the pastry as directed in recipe for Suet Crust Pastry. Mix all ingredients in mixture together. Grease a pudding basin and put a little of the mixture in the bottom. On top of the mixture place a round of suet crust pastry $\frac{1}{4}$ -inch thick, just to fit in basin. Fill the basin with alternate layers of suet crust and mixture taking care that the rounds of pastry fit neatly into basin and that the top of the pudding is covered with pastry. Cover with a piece of greased paper and steam $2\frac{1}{2}$ hours.

LEEK PUDDING

- 12 young leeks
- 8 ozs. flour
- 4 ozs. finely chopped suet
- 1 teaspoonful LINGFORDS BAKING POWDER
- Cold water
- Pepper
- Salt
- Butter (a piece the size of a walnut)
- Beef gravy

Trim off roots and outer leaves of leeks. Wash well and cut into 1-inch lengths. Make a suet crust of the flour, etc., line a pudding basin with crust, fill with leeks, season with pepper and salt, and butter, make a lid of remainder of the paste, seal edges together, cover with greaseproof paper, and steam for three hours. Serve with good beef gravy.

TOFFEE APPLE PUDDING

PASTRY :

- 6 ozs. flour
- 3 ozs. suet
- $\frac{3}{4}$ teaspoonful LINGFORDS BAKING POWDER
- Cold water to mix

MIXTURE :

- 1 lb. apples
- 3 ozs. margarine
- 4 ozs. brown sugar
- 2 ozs. sugar to be used with apple filling

Mix the pastry as directed in recipe for Suet Crust Pastry. Peel, core and slice the apples. Spread the margarine over the inside of a basin and sprinkle the brown sugar over the margarine. Roll out pastry and line prepared basin. Fill with apples, the sugar and a little water. Place layer of pastry on top and bake in hot oven for 1 hour. When turned out a rich syrup will coat the pudding.

SHORT CRUST PASTRY

- 8 ozs. flour
- 2 ozs. lard
- 2 ozs. margarine
- $\frac{1}{2}$ teaspoonful LINGFORDS BAKING POWDER
- $\frac{1}{4}$ teaspoonful salt
- Cold water to mix

Mix flour, baking powder and salt together. Rub in fat with the tips of the fingers until mixture resembles breadcrumbs. Mix very stiffly with water using a knife and the tips of the fingers to press it together. The stiffer the mixture is, the shorter the pastry will be. Roll out lightly and use as required.

NOTE: The recipe given above for Short Crust Pastry is for a rich short crust. Less lard and margarine may be used but in that case more Baking Powder must be used to ensure lightness.

GROUND RICE CHEESECAKES

PASTRY :

- 4 ozs. flour
- 2 ozs. lard and margarine mixed
- $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER
- $\frac{1}{4}$ teaspoonful salt
- Cold water to mix

MIXTURE :

- 2 ozs. LINGFORDS GROUND RICE
- 2 ozs. butter
- 2 ozs. loaf sugar
- 1 egg
- 1 small lemon
- $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER

Mix pastry as directed in recipe for Short Crust Pastry. Roll out thinly and line patty tins with the pastry. Put a little jam on top of pastry. Rub each piece of loaf sugar on the lemon to obtain flavour. Crush the loaf sugar and cream it with the butter.

GROUND RICE CHEESECAKES (continued).

Add the beaten egg, ground rice and baking powder. Put a little mixture on the top of the jam in each patty tin. Bake in a hot oven from 15 to 20 minutes.

NOTE: Great care should be taken not to put too much jam in cheesecakes or appearance will be spoilt. If DEEP tins are used the quantity of pastry required will be smaller and 3-ozs. flour and $1\frac{1}{2}$ -ozs. fat should be used.

COFFEE TARTLETS

PASTRY:

4 ozs. flour
1 oz. lard
1 oz. margarine
 $\frac{1}{2}$ teaspoonful LINGFORDS BAKING POWDER
Cold water to mix

MIXTURE:

$1\frac{1}{2}$ ozs. butter
 $1\frac{1}{2}$ ozs. ground almonds
 $1\frac{1}{2}$ ozs. castor sugar
1 oz. LINGFORDS CORNFLOUR
2 teaspoonfuls coffee essence
 $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER

ICING:

4 ozs. sieved icing sugar
2 teaspoonfuls coffee essence
Hot water to mix

Mix the pastry as directed in recipe for Short Crust Pastry. Roll out and line some small tartlet tins. Make the mixture by creaming the butter and sugar together, adding the beaten egg, almonds, baking powder, coffee essence and cornflour and beating well. Put a small quantity in each lined tin. Bake in a hot oven from 15 to 20 minutes. When cold ice with the coffee icing which must be mixed to a consistency of thick cream. Decorate with cherries and angelica. If DEEP tins are used the quantity of pastry required will be smaller and 3-ozs. flour and $1\frac{1}{2}$ -ozs. fat should be used.

SWISS APPLE TART

PASTRY:

6 ozs. flour
3 ozs. margarine
 $\frac{1}{2}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{2}$ oz. castor sugar
 $\frac{1}{2}$ teaspoonful mixed spice
 $\frac{1}{2}$ teaspoonful ground cinnamon
Cold water to mix

MIXTURE:

$\frac{3}{4}$ lb. apples
 $\frac{1}{4}$ lb. prunes
 $\frac{1}{4}$ lb. sugar
1 teaspoonful mixed spice
 $\frac{1}{2}$ teaspoonful ground cinnamon

SWISS APPLE TART (continued).

Make the mixture first and allow it to cool. Stew the apples and prunes together with the sugar and as little water as possible. The prunes should be stoned and cut into small pieces. Add the spices.

Make the pastry as directed in recipe for Short Crust Pastry, but mix the spices and sugar with the flour and baking powder before rubbing in the margarine. Cut off one-third of pastry and with the remaining two-thirds line a sandwich tin. Place the mixture in the lined tin and cover with remainder of pastry. Bake in a hot oven for 30-40 minutes. Turn out and when cold sprinkle with icing sugar or ice with a little water icing. The tart may be served hot, in which case it must not be iced.

LEMON CURD TARTS

PASTRY:

6 ozs. flour
 $1\frac{1}{2}$ ozs. margarine
 $1\frac{1}{2}$ ozs. lard
 $\frac{1}{2}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{4}$ teaspoonful salt
Cold water to mix

LEMON CURD:

2 lemons
2 eggs
2 to 4 ozs. butter
8 ozs. loaf sugar

Rub loaf sugar on rind of lemons to obtain flavour. Squeeze the juice from lemons and place sugar, juice and butter in a pan. When sugar is quite melted allow the mixture to cool and add beaten eggs. Stir over gentle heat until mixture thickens. Great care must be taken that the eggs do not curdle. It is easier to make the lemon curd in a double saucepan or in a jar placed in a pan of boiling water, the water coming half-way up sides of jar. Make the pastry as directed in recipe for Short Crust Pastry. Roll out and line pastry tins with the pastry. Place a little of the lemon curd in each lined tin and bake in a hot oven from ten to twenty minutes.

JAM TARTS

Small Jam Tarts may be made in the same way as the Lemon Curd Tarts using Jam instead of Lemon Curd. A large Jam Tart may be made by lining a tin or enamel plate with the whole quantity of pastry and placing jam on top. In the case of the large tart the time for cooking would be 20 to 30 minutes.

FLAKY PASTRY

PASTRY:

6 ozs. flour
2 ozs. lard
2 ozs. margarine
 $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{4}$ teaspoonful salt
Cold water to mix

Mix flour, salt and baking powder together in a basin. Mix lard and margarine together on a plate and divide into four portions. Rub one portion of

FLAKY PASTRY (continued).

fat into flour with tips of fingers and mix with water to a fairly stiff dough. Flour board and roll pastry into a long strip. Place one portion of fat on strip in small pats and fold strips into three. Turn folded side of pastry to right side of board and roll out again into long strip. Put another portion of fat on strip of pastry in pats and fold into three again. Repeat rolling and place last portion of fat on pastry in pats. Fold and roll out again. Fold once more and roll a fourth time. The pastry should be allowed to cool and then used as desired.

NOTE: This pastry can be made with less fat if a plainer pastry is desired but in that case more baking powder must be used.

VEAL AND HAM PIE

PASTRY:

6 ozs. flour
2 ozs. lard
2 ozs. margarine
 $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{4}$ teaspoonful salt
Cold water to mix

FILLING OF PIE:

1 lb. boneless veal
 $\frac{1}{4}$ lb. ham
2 hard-boiled eggs
 $1\frac{1}{2}$ teaspoonfuls salt
 $\frac{1}{4}$ teaspoonful pepper
 $\frac{1}{4}$ teaspoonful chopped parsley
Pinch of thyme
 $\frac{1}{4}$ teaspoonful grated lemon rind
 $\frac{1}{4}$ pint water

Make the pastry as directed in recipe for Flaky Pastry. Cut the veal into neat squares and the ham into strips. Cut each egg into quarters. Put veal, ham and egg in layers in a pie dish. Add the water and the seasoning. Sprinkle the chopped parsley, thyme and grated lemon rind on top. If these flavourings are not liked, they may be omitted.

Roll out the pastry so that the size is slightly bigger than the top of the pie dish. Cut a narrow strip and place it on the edge of the pie dish which has been brushed with cold water. Damp the strip of pastry and place pastry on top of pie, pressing the edges well together. Trim neatly, and decorate pie as desired. Brush over with beaten egg. Place in hot oven and when the pastry is a golden brown, cover with paper and allow the meat to cook. The heat of the oven should be reduced after pastry is cooked. Time 2 hours.

SAUSAGE ROLLS

PASTRY:

6 ozs. flour
2 ozs. lard
2 ozs. margarine
 $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{4}$ teaspoonful salt
Cold water to mix

FILLING:

8 ozs. sausage

SAUSAGE ROLLS (continued).

Make the pastry as directed in recipe for Flaky Pastry. Remove the sausage from skins and divide into eight pieces. Make each piece of sausage meat into a neat roll. Roll out the pastry and cut into 8 pieces 5 inches long and $3\frac{1}{2}$ inches wide. Place in each piece of pastry a piece of sausage meat and roll neatly taking care to stick the edges together with cold water. Place on baking tin, brush over with beaten egg and bake in a hot oven 15 to 20 minutes.

CARDIGAN ROLLS

PASTRY:

6 ozs. flour
2 ozs. lard
2 ozs. margarine
 $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{4}$ teaspoonful salt
Cold water to mix

MIXTURE:

1 oz. margarine
1 oz. flour
 $\frac{1}{4}$ pt. stock or thin gravy
Seasoning
 $\frac{1}{4}$ lb. cooked meat

Make the pastry as directed in recipe for Flaky Pastry. Melt margarine in pan, stir in flour and add stock gradually. Bring to boil and cook well until the sides of pan are left quite clean. Mince or chop the meat and add to sauce. Season well. When the mixture is cold divide into 8 portions and make the rolls in the same way as in the directions for making sausage rolls, using above mixture instead of sausage.

VANILLA SLICES

PASTRY:

8 ozs. flour
3 ozs. lard
2 ozs. margarine
 $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER
 $\frac{1}{2}$ teaspoonful salt
Cold water to mix

MIXTURE:

$1\frac{1}{2}$ ozs. LINGFORDS CUSTARD POWDER
 $\frac{1}{2}$ pt. milk
1 oz. sugar
Vanilla Essence if desired

ICING:

6 ozs. icing sugar (sieved)
Hot water to mix to a thick cream
Vanilla Essence

Make the pastry as directed in recipe for Flaky Pastry. Roll out pastry very thinly and cut in strips $4\frac{1}{2}$ inches long and 2 inches wide. Bake in a hot oven. Some time before baking pastry make the mixture as it must be quite cold before it can be used. Mix the custard powder to a cream with a little cold milk. Boil the remainder of the milk and pour it over creamed custard powder. Return to pan, add sugar and boil well stirring all the time. Add vanilla essence and turn

VANILLA SLICES (continued).

out on to wet plate. When cold cut custard into neat pieces and lay a piece on a strip of the cooked pastry. Mix the icing and spread on another strip of pastry and place on top of custard. Decorate with coloured cocoa-nut or chopped nuts. If liked a little jam may be spread on pastry before custard is added. This quantity should make about eight vanilla slices.

APPLE OR FRUIT TART

- $\frac{1}{2}$ lb. apples
- 1 oz. sugar
- $\frac{1}{2}$ lb. flour
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{2}$ teaspoonful LINGFORDS BAKING POWDER
- $\frac{1}{2}$ lb. lard

Prepare the fruit and place half of it in a pie dish. Add the sugar and pile the rest of the fruit above. Make a short crust following the instructions given for Short Crust Pastry. Wet the edge of the dish and place a strip of pastry round. Moisten this and lay the crust on the top. Trim and decorate the edges. If liked, it may be glazed with the white of egg. Place the tart on a baking sheet and bake in a moderate oven for three-quarters of an hour. When done, dredge with castor sugar and place on a dish with a folded serviette or lace paper under the pie dish.

CAKES SECTION.

NOTES ON CAKE MAKING

PREPARATION OF TINS :

Small cake tins are greased with melted butter. Large cake tins should be lined with white paper, except when used for a cake which requires a short time for cooking, when a piece of paper in the bottom of the tin is sufficient.

MIXING :

Rub fat into flour when mixing plain cakes and cream fat and sugar together when making rich cakes. If a close textured cake is required add eggs and flour alternately to creamed butter and sugar. If a spongy texture is desired add beaten eggs to creamed butter and sugar and stir flour in lightly. Mix baking powder with flour before mixing cakes. Fruit cakes should be mixed more stiffly than cakes without fruit to prevent fruit from sinking to bottom of cake.

BAKING :

Small plain cakes and buns should be baked in a hot oven, small rich cakes in a moderately hot oven. Large plain cakes should be put into a hot oven for the first twenty minutes and the heat gradually reduced. Large rich cakes should be placed in a moderately hot oven and baked steadily, the heat of the oven being gradually reduced. Rich fruit cakes require very long cooking and should be placed on a tray of sand or salt to prevent bottom burning.

As a general rule plainer cakes are cooked more quickly than rich and small cakes more quickly than large cakes.

BREAD

- 1 lb. flour
- 1 large heaped teaspoonful of LINGFORDS BAKING POWDER
- 1 teaspoonful salt
- 2 ozs. lard
- Milk to mix

Mix flour, salt and baking powder together and rub in lard. Mix to a moist dough with water. Form into loaf, place in greased bread tin and bake in a hot oven immediately. The lard may be omitted but it improves the bread very much. If preferred the dough may be divided into 16 portions and made up into rolls which should be placed on greased baking sheet and baked in hot oven about 15 minutes.

A nice variety may be obtained by dividing dough into two portions and rolling each into a large flat cake about 1 inch thick. These should be baked in a hot oven and whilst still hot should be split and buttered and served very hot.

SCONES

- $\frac{1}{2}$ lb. flour
- 1 oz. lard
- 1 teaspoonful LINGFORDS BAKING POWDER
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{2}$ pt. milk

Rub lard into dry ingredients. Mix with milk. Roll out to a thickness of $\frac{3}{4}$ -inch and cut into rounds with cutter. Bake in a hot oven for 10 to 15 minutes. These scones may be varied by adding $\frac{1}{2}$ -oz. sugar and 1-oz. sultanas to the recipe if sweet scones are required. Brown scones are made by using equal quantities of wholemeal and white flour.

NURSERY FRUIT CAKE

- 1 lb. flour
- 5 ozs. margarine
- 3 ozs. lard
- $\frac{1}{2}$ teaspoonful cinnamon
- A little grated nutmeg
- $1\frac{1}{2}$ teaspoonfuls LINGFORDS BAKING POWDER
- 5 ozs. sugar
- 2 eggs
- 4 ozs. currants
- 1 oz. peel
- 2 ozs. sultanas
- Milk to mix

Mix flour, cinnamon, baking powder and nutmeg together. Rub in the fat very thoroughly. Add sugar and prepared fruit. Mix with beaten eggs and milk until mixture will just drop from spoon. Place in lined tin and bake in hot oven for 20 minutes. Gradually reduce heat of oven and bake cake from 2 to 2 $\frac{1}{2}$ hours.

RICE BUNS

- 1 oz. LINGFORDS GROUND RICE
- 1½ ozs. flour
- 1 oz. butter
- 1½ ozs. castor sugar
- 1 egg
- ¼ teaspoonful LINGFORDS BAKING POWDER

Cream butter and sugar together. Mix flour, ground rice and baking powder together. Add beaten egg to creamed butter and sugar and beat well. Stir the dry ingredients lightly into mixture. Place in greased bun tins and bake in hot oven about 15 minutes.

ORANGE CAKE

- 3 ozs. butter
- 5 ozs. sugar
- 5 ozs. flour
- Grated rind of an orange
- 1 small teaspoonful LINGFORDS BAKING POWDER
- 3 eggs

ICING :

- 10 ozs. icing sugar (sieved)
- Orange juice to mix stiffly
- Angelica for decoration

Cream butter and sugar together. Add eggs and beat well. Stir in baking powder and flour lightly. Add the grated orange rind. Bake in a prepared sandwich tin in a moderately hot oven for about 45 minutes. Mix the icing sugar stiffly with the orange juice and place in a pan. Stir over gentle heat until the icing is the consistence of a very thick cream. If necessary add hot water. When cold split the cake and put 2 tablespoonfuls of the icing in the middle of the cake. Press two parts gently together and place cake on plate or wire tray the bottom side uppermost. Pour icing over cake and decorate with angelica.

NOTE : This cake may be varied by using lemon rind and lemon juice to make a lemon cake, and by using coffee essence to make a mocha cake.

GENOA CAKE

- 8 ozs. flour
- 6 ozs. butter
- 6 ozs. sugar
- 4 ozs. sultanas
- 3 eggs
- 2 ozs. peel
- 2 ozs. almonds
- 2 ozs. cherries
- 1 small teaspoonful LINGFORDS BAKING POWDER
- Grated rind of ½ lemon

Chop the peel, blanched almonds and cherries. Cream butter and sugar. Add the beaten eggs and flour containing Baking Powder alternately to the creamed butter and sugar. Add fruit and lemon rind. The mixture should drop easily from a spoon. Place in lined tin and cook from 1½ to 2 hours.

ALMOND FINGERS

- ½ lb. flour
- 2 ozs. sugar
- 1 yolk of egg
- 4 ozs. butter
- ¼ teaspoonful LINGFORDS BAKING POWDER

MIXTURE FOR TOP :

- ¼ lb. almonds (blanched and chopped)
- ¼ lb. icing sugar
- 1 white of egg

Rub butter into flour and baking powder. Add sugar and mix very stiffly with yolk of egg, using a little milk if necessary. Roll out into neat square about ½-inch thick. Cook in moderate oven for 15 minutes. Remove from oven and spread the mixture made by mixing almonds, sugar and white of egg together on top. Return to oven until mixture is straw-coloured and crisp. Whilst still hot, cut into fingers.

SWISS ROLL

- 3 eggs
- 3 ozs. sugar
- 3 ozs. flour
- ½ teaspoonful LINGFORDS BAKING POWDER
- 1 tablespoonful milk
- 2 tablespoonfuls jam

Line a Swiss roll tin 13 ins. x 17½ ins. with paper and grease with melted butter. Sieve flour and baking powder together. Place eggs and sugar in a basin and whisk vigorously until quite stiff. This takes about 20 minutes. If the basin is placed over a pan of hot water when whisking, it comes more easily. Add milk. Stir in the flour and baking powder very lightly and spread over tin. Bake in hot oven about 10 minutes. Turn out on to a sugared paper, cut off edges, spread with jam which has been heated, and roll up.

QUEEN CAKES

- 4 ozs. butter
- 4 ozs. flour
- 4 ozs. sugar
- 2 eggs
- 2 ozs. currants
- 1 oz. sultanas
- 1 oz. peel
- ½ teaspoonful LINGFORDS BAKING POWDER

Cream butter and sugar together. Add the eggs which should have been well beaten. Stir flour and baking powder lightly into mixture. Add fruit. If mixture is too stiff, add a little milk. Bake in small greased bun tins or in paper baking cases.

ADELAIDE CAKES

4 ozs. butter
4 ozs. sugar
4 ozs. flour
2 ozs. LINGFORDS CORNFLOUR
1 oz. cherries (cut into small pieces)
1 oz. almonds (blanched and chopped)
1 oz. currants
1 teaspoonful LINGFORDS BAKING POWDER
2 to 3 eggs
Milk to mix

Mix cornflour, baking powder and flour together. Cream butter and sugar together. Add beaten eggs and dry ingredients alternately to the butter and sugar, beating vigorously. Add remainder of ingredients. Bake in small greased bun tins or in paper baking cases. Time—about 20 minutes in a moderately hot oven.

SULTANA CAKE

6 ozs. butter
6 ozs. sugar
2 ozs. LINGFORDS CORNFLOUR
2 ozs. LINGFORDS GROUND RICE
4 ozs. flour
4 ozs. sultanas
2 eggs
Small teaspoonful LINGFORDS BAKING POWDER

Cream butter and sugar together. Add beaten eggs. Mix cornflour, ground rice, flour and baking powder together and add them to the mixture. Add sultanas and a little milk if necessary. Place in lined tin and bake in moderately hot oven $1\frac{1}{2}$ to 2 hours.

PRESERVED GINGER CAKE

3 ozs. butter
4 ozs. flour
5 ozs. sugar
2 ozs. preserved ginger (cut into small pieces)
Small teaspoonful LINGFORDS BAKING POWDER
3 eggs

FILLING :

2 tablespoonfuls whipped cream
2 tablespoonfuls chopped ginger

ICING :

10 ozs. icing sugar (sieved)
Hot water to mix
Carmines or cochineal to colour
Rose water to flavour

Cream butter and sugar together. Add eggs well beaten and beat well. Stir in flour and baking powder lightly. Add ginger. Pour into greased sandwich tin and bake in hot oven about 40 minutes. When cold, split in two parts and place between two halves of cake the whipped cream and the ginger. Press gently together, place on plate or wire tray the bottom side

PRESERVED GINGER CAKE (continued).

uppermost. Mix the icing sugar with hot water to a thick coating consistency, colour and flavour. Pour over cake and decorate with angelica and crystallised ginger.

NOTE : Instead of whipped cream, $\frac{1}{2}$ oz. of icing sugar and $\frac{1}{2}$ oz. butter creamed together may be used and the rose water flavouring may be omitted if not liked.

SAND CAKE

$\frac{1}{2}$ lb. castor sugar
 $\frac{1}{2}$ lb. butter
4 ozs. LINGFORDS CORNFLOUR
4 ozs. LINGFORDS GROUND RICE
5 ozs. flour
3 eggs
1 teaspoonful LINGFORDS' BAKING POWDER

Cream butter and sugar together. Add the beaten eggs alternately with the dry ingredients and baking powder. Place in a lined tin and bake in a moderate oven 1 to $1\frac{1}{2}$ hours.

LEMON JUMBLES

1 egg
5 ozs. castor sugar
3 ozs. butter
14 ozs. flour
1 heaped teaspoonful LINGFORDS BAKING POWDER
Grated rind of 2 lemons
Milk to mix very stiffly

Mix flour, sugar and baking powder together. Rub butter into dry ingredients. Add grated lemon rind. Add beaten egg and mix very stiffly with milk. Divide into 30 portions and roll up into jumbles. Bake on a greased sheet in a moderate oven until they are firm and a pale golden brown.

CHRISTMAS CAKE

8 ozs. flour	8 ozs. currants
6 ozs. butter	4 ozs. sultanas
6 ozs. sugar	4 ozs. raisins
3 ozs. mixed peel	1 oz. almonds (blanched and chopped)
2 ozs. cherries	
$1\frac{1}{4}$ ozs. treacle	3 eggs
1 teaspoonful LINGFORDS BAKING POWDER	

Cream butter and sugar together. Add treacle. Add beaten eggs and flour containing baking powder, alternately. Add cleaned and prepared fruit. Place in lined tin and place on tray of sand or salt. Put in moderate oven and allow the oven to become gradually cooler. The cake should take about 3 hours to cook. Keep at least a month before icing.

CHRISTMAS CAKE (continued).

ALMOND PASTE FOR CAKE :

- $\frac{1}{2}$ lb. ground almonds
- $\frac{1}{4}$ lb. castor sugar
- Vanilla essence
- $\frac{1}{4}$ lb. icing sugar
- Beaten egg to mix
- Almond essence

Mix sugars and almonds together. Add essences and mix very stiffly with beaten egg. Brush the cake with beaten egg and put a thin layer of paste round sides and a thick layer on top. If preferred the sides may be left plain and all the almond paste be put on the top of the cake. Leave for 24 hours in a warm place then spread with regal icing.

REGAL ICING :

- 1 lb. icing sugar (sieved)
- White of egg to mix to the consistency of a stiff cream
- A little washing blue to improve colour of icing
- 2 teaspoonfuls lemon juice

Mix the icing, beat it well and apply it evenly to the cake. Two coats should be given, allowing the first layer to dry before applying the second.

Mix some royal icing to a very stiff consistency and decorate cake by piping the icing in a neat design. If liked the royal icing may be omitted and the cake be finished with the almond paste only.

YORKSHIRE CAKE

- 1 egg, its weight in flour, LINGFORDS GROUND RICE, margarine and sugar
- 1 teaspoonful LINGFORDS BAKING POWDER
- 3 tablespoonfuls milk (more if necessary)
- 2 tablespoonfuls jam

Mix flour, ground rice and baking powder together. Rub in the margarine and add sugar. Mix with beaten egg and milk and put in small (7 inch) greased sandwich tin. Bake in a moderately hot oven for 30 minutes. The cake may be cut into halves when hot and spread with hot jam, or cut when cold and spread with cold jam. Put halves together and sprinkle with castor sugar.

DOUGHNUTS

- $\frac{1}{2}$ lb. flour
- $\frac{3}{4}$ oz. sugar
- Milk to mix
- 1 oz. margarine
- 1 teaspoonful LINGFORDS BAKING POWDER
- Fine sugar for tossing

Rub margarine into flour and baking powder. Add sugar. Mix very stiffly with milk. Roll out on floured board to thickness of $\frac{1}{2}$ inch. Cut out rounds with cutter and cut small piece out of centre of each round

DOUGHNUTS (continued).

with small cutter. Drop into smoking hot fat and fry until a golden brown. When cooked toss in castor sugar.

CORNFLOUR CAKE

- $\frac{1}{2}$ lb. butter
- $\frac{1}{4}$ lb. sugar
- 2 eggs
- $\frac{1}{4}$ lb. flour
- $\frac{1}{4}$ lb. LINGFORDS CORNFLOUR
- 1 teaspoonful LINGFORDS BAKING POWDER
- A little milk

Cream butter and sugar together until soft and white. Beat in eggs thoroughly one at a time. Mix on a plate the flour, cornflour, and baking powder. Stir these among the wet ingredients. The mixture must be soft enough to drop from a spoon. If too stiff add a little milk. Grease a cake tin and turn in the mixture. Bake in a moderate oven about an hour. If oven is too hot it will rise in the centre.

SPONGE CAKE

- 3 eggs
- $\frac{1}{4}$ lb. sugar
- $\frac{1}{4}$ lb. flour
- 1 teaspoonful LINGFORDS BAKING POWDER

To prepare the mould, cream a little butter and brush the tin out with it. Dredge with castor sugar and shake out all that remains loose. Break the eggs into a basin and whisk them well. Add the sugar and whisk until thick and creamy. Mix the flour with the baking powder and stir them in very lightly. Turn into the mould, filling it about three parts up. Bake in a gentle oven until firm. It is risky testing the cake by running in a skewer as it may fall and become heavy. As soon as the cake begins to wrinkle on the top and shrink from the tin it is quite cooked.

GROUND RICE CAKE

- 6 ozs. good plain flour
- 4 oz. butter
- 3 ozs. LINGFORDS DE LUXE GROUND RICE
- 3 tablespoonfuls milk
- 4 oz. sugar
- 1 egg
- 1 $\frac{1}{2}$ teaspoonfuls LINGFORDS BAKING POWDER
- Flavouring to taste

Cream the butter and sugar. Add the beaten egg, flour, rice, flavouring, and lastly, LINGFORDS BAKING POWDER. Pour into a well-buttered tin and bake 1 $\frac{1}{2}$ hours in a moderate oven.

WHOLEMEAL FRUIT LOAF

- $\frac{1}{4}$ lb. butter
- $\frac{1}{4}$ lb. sultanas
- $\frac{1}{4}$ lb. sugar
- $\frac{1}{4}$ lb. currants
- 2 ozs. lemon peel
- 1 oz. walnuts
- 2 ozs. preserved ginger
- $\frac{1}{2}$ teaspoonful ground ginger
- $\frac{1}{2}$ teaspoonful mixed spice
- 2 eggs
- $\frac{1}{2}$ lb. wholemeal
- $\frac{1}{4}$ lb. LINGFORDS GROUND RICE
- $\frac{1}{4}$ lb. apple pulp
- 2 teaspoonfuls LINGFORDS BAKING POWDER

Cream butter and sugar together for 15 minutes, add apple pulp. Beat the eggs well, add to sugar and butter. Mix baking powder with ground rice and wholemeal, add fruit. Bake in a moderate oven 3 hours.

GINGER BREAD

- 6 ozs. flour
- 2 ozs. LINGFORDS GROUND RICE
- 2 ozs. sugar
- $1\frac{1}{2}$ ozs. butter
- 4 ozs. golden syrup
- 2 ozs. preserved ginger
- $\frac{1}{2}$ teaspoonful salt
- 1 oz. orange or lemon peel
- 1 teaspoonful ground ginger
- 2 teaspoonfuls LINGFORDS BAKING POWDER
- 1 egg
- About $\frac{1}{4}$ tablespoonfuls milk

Sift flour, baking powder, ginger, salt and sugar into a basin. Add the ground rice. Warm syrup and butter together, add beaten eggs and milk, slightly warm. Add to dry ingredients and mix thoroughly. Lastly add the finely chopped preserved ginger and orange peel. Bake in a well buttered tin in a moderate oven. Treacle may be used instead of syrup, the cake then being a darker colour.

PUDDINGS SECTION.

NOTES ON STEAMING AND BOILING

Steamed puddings are usually lighter than boiled puddings. They may be steamed in a steamer over a pan of boiling water or in a pan with boiling water half-way up the sides of the basin. The water should be boiling when pudding is placed in steamer and should boil rapidly throughout the period of cooking. The pudding basin should be two-thirds full to allow for expansion, and the pudding should be covered with greased paper.

Boiled puddings should be covered with a cloth and the basin should be quite full. They should be plunged into boiling water and boiled rapidly until cooked. As the water boils away more boiling water should be added.

FIG PUDDING

- $\frac{1}{2}$ lb. figs
- $\frac{1}{4}$ lb. suet
- 2 ozs. flour
- 1 oz. LINGFORDS CORNFLOUR
- 1 oz. LINGFORDS GROUND RICE
- $\frac{1}{2}$ lb. breadcrumbs
- 1 teaspoonful LINGFORDS BAKING POWDER
- $\frac{1}{4}$ ozs. sugar
- Milk to mix

Chop the suet and the figs. Mix all the ingredients together and mix to a soft consistency. Pour into greased basin, cover with greased paper, and steam for 3 hours. Serve with white or custard sauce.

MOCHA PUDDING

- The weight of 2 eggs in butter, sugar and flour
- 1 oz. chopped walnuts
- 2 tablespoonfuls coffee essence
- 1 teaspoonful LINGFORDS BAKING POWDER
- Milk if necessary

Cream butter and sugar. Beat eggs and add to butter and sugar. Stir in flour and baking powder and add coffee essence and walnuts. Put in greased tin or basin and steam for 2 hours. Serve with custard sauce which has been flavoured with coffee essence.

RAILWAY PUDDING

- 3 ozs. LINGFORDS CORNFLOUR
- 2 ozs. castor sugar
- 1 oz. butter
- 2 tablespoonfuls milk
- 1 teaspoonful LINGFORDS BAKING POWDER
- 2 eggs

Whisk sugar, eggs and milk over boiling water till thick and light. Melt butter. Sieve cornflour and baking powder together. Stir in the butter, cornflour and baking powder lightly. Pour into a greased pie dish. Bake in a moderate oven. Turn out and spread with hot jam.

BLACK CAP PUDDING

- 3 ozs. grated suet
- 4 ozs. flour
- 2 ozs. breadcrumbs
- 3 ozs. currants
- 3 ozs. sugar
- Pinch of salt
- Little grated nutmeg
- $\frac{1}{2}$ cup of milk
- 1 egg
- 1 teaspoonful LINGFORDS BAKING POWDER

Sift flour into a bowl, add grated suet, breadcrumbs, sugar, nutmeg, salt, mix well. Beat the egg well, add milk, beat well again, pour over contents, in bowl, and mix thoroughly, lastly adding 1 teaspoonful of LING-

BLACK CAP PUDDING (continued).

FORDS BAKING POWDER. Mix well. Grease a pudding basin and completely cover the bottom with the currants (these form the black cap on the pudding). Then carefully pour over the currants the mixture. Steam 2 hours. Serve with custard sauce made from LINGFORDS DE LUXE CUSTARD POWDER.

CROMER PUDDING

- 6 ozs. breadcrumbs
- 1 oz. LINGFORDS GROUND RICE
- 3 ozs. raisins
- 2 tablespoonfuls apricot jam or marmalade
- $\frac{1}{2}$ teaspoonful LINGFORDS BAKING POWDER
- 2 ozs. sugar
- 3 eggs
- 4 ozs. suet

Mix all dry ingredients together. Stir in jam or marmalade. Add beaten eggs, suet and a little milk. Butter a mould. Sieve raisins and stick in even rows in the mould. Pour in pudding mixture very gently. Cover with a greased paper. Steam 2 hours. Turn out and serve with LINGFORDS CUSTARD made according to the directions given on the packet.

ORANGE PUDDING

- 2 eggs
- 4 ozs. sugar
- 4 ozs. butter
- 4 ozs. flour
- 1 oz. breadcrumbs
- 1 teaspoonful LINGFORDS BAKING POWDER
- Grated rind of 1 orange

Cream butter and sugar together. Add eggs and lastly the flour, baking powder, breadcrumbs and grated lemon rind. If mixture is too stiff add a little milk or water. Put in greased tin or basin and steam for two hours. Serve with orange sauce.

CHRISTMAS PUDDING

- 4 ozs. suet
- 4 ozs. raisins
- 4 ozs. sultanas
- 4 ozs. sugar
- 4 ozs. currants
- 3 ozs. flour
- 1 oz. LINGFORDS CUSTARD POWDER
- 4 ozs. breadcrumbs
- 2 ozs. almonds (blanched and chopped)
- 2 ozs. peel
- Grated rind of 1 lemon
- 2 eggs
- Nutmeg
- 1 teaspoonful LINGFORDS BAKING POWDER
- $\frac{1}{2}$ teaspoonful mixed spice (optional)
- Milk to mix to a moist consistency

Prepare the fruit and chop the suet. Mix all the dry ingredients together. Add the fruit and suet. Beat the eggs and mix the pudding. Add sufficient milk to make a moist mixture. Pour into a greased

CHRISTMAS PUDDING (continued).

basin and cover with greased paper. Steam for five hours. Put in a cool place and steam another 2 hours before serving. The pudding may be steamed 7 hours and served but the flavour is better if it is allowed to cool and is kept unsteamed for remainder of time. Serve with sweet or custard sauce.

EVE'S PUDDING

- 2 $\frac{1}{2}$ ozs. butter
- 2 $\frac{1}{2}$ ozs. sugar
- 2 $\frac{1}{2}$ ozs. flour
- 2 $\frac{1}{2}$ ozs. LINGFORDS GROUND RICE
- $\frac{1}{2}$ teaspoonful LINGFORDS BAKING POWDER
- 1 egg
- Milk if necessary
- 1 lb. apples
- 2 ozs. sugar
- 4 tablespoonfuls water

Stew the apples with water and sugar until soft. Place the cooked apples in the bottom of a pie dish. Cream butter and sugar together, add beaten egg, flour, baking powder and ground rice. If mixture is too stiff add a little milk. Place mixture on top of apples in the pie dish and bake in a hot oven, gradually reducing the temperature. Great care must be taken that mixture is thoroughly cooked before the pudding is removed from oven.

STEAMED GROUND RICE PUDDING

- 4 ozs. flour
- 2 ozs. LINGFORDS GROUND RICE
- 1 teaspoonful LINGFORDS BAKING POWDER
- 2 ozs. sugar
- 2 ozs. suet
- 2 ozs. stoned raisins
- Milk to mix

Mix flour, ground rice, baking powder and sugar together. Chop the suet and prepare the fruit. Add these to flour, etc. Mix to a soft consistency with milk. Put in greased basin and steam for 3 hours. Serve with custard sauce.

WHOLEMEAL PUDDING

- 6 ozs. wholemeal flour
- 1 oz. white flour
- 1 oz. LINGFORDS CORNFLOUR
- 4 ozs. suet
- 6 ozs. stoned raisins
- 3 ozs. brown sugar
- Grated rind of 1 lemon
- 1 teaspoonful LINGFORDS BAKING POWDER
- 1 or 2 eggs
- Milk to mix

Chop suet and prepare fruit. Mix these with the dry ingredients. Beat eggs and add with sufficient milk to mix pudding to a soft consistency. Pour into greased basin and steam for 3 hours. Serve with custard or sweet sauce.

CASTLE PUDDINGS

- 4 ozs. butter
- 4 ozs. sugar
- 4 ozs. flour
- 2 eggs
- $\frac{1}{2}$ teaspoonful LINGFORDS BAKING POWDER

Cream the butter and sugar together. Add the beaten eggs and lastly flour and baking powder. Half fill dariole moulds with the mixture and bake in a hot oven from 10 to 20 minutes. If dariole moulds are unobtainable deep bun tins may be used. Serve with jam sauce.

MARIE PUDDINGS

Castle Puddings (as previous recipe)

- 1 oz. glaze cherries
- 2 ozs. chopped walnuts
- 2 tablespoonfuls apricot jam
- $\frac{1}{4}$ pt. water

Melt the jam in the water and boil until a thick syrup. Strain. Brush the Castle Puddings with this apricot glaze and toss in the chopped walnuts. Decorate with the cherries. These puddings may be served hot or cold.

SCRAP BREAD PUDDING

- $\frac{1}{4}$ lb. crusts
- 1 $\frac{1}{2}$ ozs. sugar
- 1 $\frac{1}{2}$ ozs. currants
- 2 ozs. suet chopped
- 1 $\frac{1}{2}$ ozs. raisins
- 1 oz. LINGFORDS GROUND RICE
- $\frac{1}{4}$ teaspoonful ground ginger
- $\frac{1}{4}$ teaspoonful ground cinnamon
- 1 teaspoonful LINGFORDS BAKING POWDER
- 1 egg

Milk to mix

Put the crusts to soak in cold water. When soft pour off the water and squeeze the bread in a clean cloth to remove as much moisture as possible. Mash the bread with a fork and place in mixing bowl. Add remainder of ingredients and mix well. Use sufficient milk to make a soft mixture. Pour into a greased pie dish and bake in a hot oven until set. This takes 30 to 40 minutes.

RAINBOW PUDDING

- 4 ozs. butter
- 4 ozs. sugar
- 2 $\frac{1}{2}$ ozs. LINGFORDS CORNFLOUR
- 2 $\frac{1}{2}$ ozs. flour
- 1 or 2 eggs
- Milk to mix*
- 1 teaspoonful LINGFORDS BAKING POWDER
- 1 teaspoonful strong cocoa
- Vanilla essence
- Cochineal or Carmine colouring
- $\frac{1}{4}$ teaspoonful raspberry flavouring essence

Cream butter and sugar together. Mix flour, corn-flour and baking powder together. Beat eggs. Add

RAINBOW PUDDING (continued).

eggs and mixed flours alternately to the butter and sugar. Add milk if necessary. Divide mixture into three. Into one portion put vanilla essence, into another the cocoa and into another the pink colouring and the raspberry essence. Place the mixture in a greased basin in teaspoonfuls assorting the colours. Steam for two hours. Serve with chocolate sauce.

SNOWDON PUDDING

- 2 ozs. stoned raisins
- 2 ozs. chopped suet
- 2 ozs. LINGFORDS GROUND RICE
- 2 ozs. breadcrumbs
- 1 oz. flour
- 1 tablespoonful marmalade
- 1 teaspoonful LINGFORDS BAKING POWDER
- 1 egg
- Milk to mix*

Grease a basin and decorate by pressing raisins on the sides and bottom. Mix all the dry ingredients together. Add chopped suet. Make a hole in centre and add marmalade and egg. Use sufficient milk to make a soft mixture. Beat well. Place in prepared basin and steam 3 hours. Serve with sweet sauce.

THORNTON PUDDING

- 2 eggs, their weight in flour and the weight of one egg in sugar and butter
- 2 tablespoonfuls strawberry jam
- 1 teaspoonful LINGFORDS BAKING POWDER

Cream butter and sugar together. Add strawberry jam and two eggs well beaten. Add flour and baking powder. Put in greased basin and steam for two hours. Serve with jam sauce.

YORKSHIRE PUDDING

- $\frac{1}{4}$ lb. flour
- $\frac{1}{4}$ teaspoonful salt
- 1 egg
- $\frac{1}{2}$ pint milk
- $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER
- 1 oz. dripping

Mix the flour and salt in a basin, make a hole in the centre and drop in the egg. Stir in the flour among it until it becomes as thick as cream. Then add the milk gradually, stirring all the time until about half the milk is used and the flour moistened. Beat thoroughly for about fifteen minutes, add the rest of the milk and allow the batter to stand until required. Add the baking powder and beat again. Melt the dripping in a tin and run it all over the inside. Pour in the batter, and bake in a moderate oven from 30 to 40 minutes. When done, cut into squares and serve with roast beef.

PANCAKES

$\frac{1}{4}$ lb. flour
 $\frac{1}{4}$ teaspoonful salt
 1 egg
 $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ lemon
 2 ozs. fat
 sugar
 $\frac{1}{4}$ teaspoonful LINGFORDS BAKING POWDER

Put the flour and salt in a basin. Make a hollow in the centre and break the egg into it. Stir with a wooden spoon and add the milk gradually until all the flour is mixed. Beat well and then add the remainder of the milk. Pour the batter into a basin until required. NOTE: All batter improves with standing. Melt the fat in a frying pan, then give the batter a final stir and when the fat is smoking, pour sufficient of the batter into the pan to make a thin pancake. When brown, turn and cook on the other side. When done, turn the pancake on to a sugared paper. Sprinkle with sugar and lemon juice, then roll up. Place on a hot dish. Repeat the process until all the batter is used.

STANDARD RECIPE FOR STEAMED SUET PUDDINGS

4 ozs. suet
 8 ozs. flour or 4 ozs. flour and 4 ozs. breadcrumbs
 1 teaspoonful LINGFORDS BAKING POWDER
 3 ozs. sugar
 $\frac{1}{2}$ teaspoonful salt
 Milk to mix to a soft consistency

This mixture can be varied as follows:

To make:

Marmalade Pudding add 4 ozs. marmalade

Sultana Pudding add 4 ozs. sultanas

Cocoa-nut Pudding add 3 ozs. cocoa-nut and use 2 ozs. less of flour.

Ginger Pudding add 4 ozs. treacle, $\frac{1}{2}$ teaspoonful ground ginger and $\frac{1}{2}$ teaspoonful extra LINGFORDS BAKING POWDER.

Raspberry Pudding add 2 tablespoonfuls raspberry jam and 1 oz. LINGFORDS BLANC-MANGE POWDER and use 1 oz. less of flour and 1 oz. less of sugar.

Strawberry Pudding add 2 tablespoonfuls strawberry jam and 1 oz. LINGFORDS BLANC-MANGE POWDER and use 1 oz. less of flour and 1 oz. less of sugar. "Spotted Dick" add 4 ozs. currants.

In the case of the Raspberry and Strawberry Puddings the jam may be omitted and the pudding flavoured with the Blanc-Mange alone in which case the full amount of sugar should be used.

These puddings are all mixed as follows:

Chop the suet finely. Mix the dry ingredients together, add suet and remainder of ingredients. Mix to a soft consistency with milk. Pour into a greased basin, cover with paper, and steam at least 3 hours. Longer cooking improves the pudding.

SAUCES SECTION.

WHITE SAUCES FOR BOILED OR STEAMED PUDDINGS

SWEET SAUCE:

1 oz. butter
 $\frac{1}{2}$ oz. LINGFORDS CORNFLOUR
 $\frac{1}{2}$ pt. milk
 $\frac{1}{2}$ oz. sugar

Melt butter in saucepan and stir in cornflour. Add milk very gradually stirring all the time. Add sugar and bring sauce to boil stirring continually. Boil for 3 minutes and use as required. To make a savoury sauce for use with cauliflower, marrow, parsnips, etc., omit sugar and add a little salt.

CUSTARD SAUCE:

1 oz. or 1 packet LINGFORDS CUSTARD POWDER
 1 pint milk
 1 oz. sugar

Mix custard powder with a little of the cold milk until it is the consistency of a cream. Bring remainder of milk to the boil and pour over creamed custard powder, stirring all the time. Add sugar, return to pan and bring to the boil, stirring all the time.

Alternative:—Use Lingfords Strawberry or Raspberry Blanc-Mange powder in place of the Custard powder.

CHOCOLATE SAUCE:

Prepare as for custard sauce but add to the custard powder a heaped teaspoonful of a strong cocoa.

ORANGE SAUCE

$\frac{1}{2}$ pt. water
 1 teaspoonful LINGFORDS CORNFLOUR
 2 ozs. sugar
 Rind and juice of one orange

Boil sugar and water together until it becomes a syrup. Blend cornflour with orange juice and a little water. Pour over the syrup stirring all the time. Return to pan. Cut rind of orange into thin strips. Add to sauce. Bring to boil and boil for 3 minutes. Use as required.

JAM SAUCE

$\frac{1}{2}$ pt. water
 2 tablespoonfuls jam
 2 ozs. sugar
 1 teaspoonful LINGFORDS CORNFLOUR
 A few drops of Carmine colouring
 $\frac{1}{2}$ teaspoonful lemon juice

Put water, jam and sugar in a pan and bring to boil. Boil for 5 minutes and strain. Mix the cornflour with a little cold water. Pour over the strained liquid. Return to pan and bring to boil. Add lemon juice and colouring and boil for 3 minutes.

LINGFORDS DELICACIES.

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One of our new products and well worthy of the name "Lingford." We have spared no expense to perfect this to make it the most delicious Custard obtainable. Rich, creamy and brimful of flavour—It is well worth your while to ask for Lingfords-de-luxe Custard.

LINGFORDS De-Luxe BLANC-MANGE

Sold in small packets and cartons of 6 pint size packets, 5½d. Another of Lingfords latest products and much more delicious than any other Blanc-Mange powders. Easily and quickly made they mould perfectly. In three varieties all full-flavoured with the real juice of fresh fruits. Strawberry, Lemon and Raspberry. A dainty dish and highly nourishing. A small packet makes a pint-size Blanc-Mange.

LINGFORDS De-Luxe CORNFLOUR

Sold in small Packets and 8-oz. Packets and 1 lb. Tins, 8½d. A pure alkali Cornflour, "Scotch" milled from the best grade of Empire grown grain. Lingfords de-luxe Cornflour makes delicious dishes and is ideal, for children and invalids. Use it also for thickening all soups, sauces and gravy. It is the highest quality Cornflour obtainable.

LINGFORDS De-Luxe GROUND RICE

Sold in ½ lb. and 1 lb. Sealed Cartons.

This is a "new grain" Ground Rice discovered and prepared only by Lingfords. Its larger grain greatly improves all cakes and puddings by giving them a rich flavour far superior to that of ordinary Ground Rice. Pure Grain and nothing but Rice Grain. Ask specially for Lingfords Ground Rice.

LINGFORDS LATEST.

LINGFORDS De-Luxe WHOLE RICE

In Packets

This rare Rice is only grown in small quantities in a certain small section of the best Rice-growing district in the World. Lingfords spent literally months of research in finding a type of Rice different from the ordinary Rice hitherto obtainable. The grain of this particular Rice is larger, contains less moisture, and is richer in protein than the ordinary Rice sold in this country. Hitherto, not one household in a thousand has been able to obtain this type of Rice from the grocer. On arrival, the de-luxe Rice is put through a special grading process, which eliminates all uneven pieces. Incidentally, this is the first occasion in the Grocery Trade where an effort has been made to give the public a standard size grain of Rice. This is an expensive Rice but it makes an infinitely richer, more nourishing and creamier pudding than ever before possible. Bearing in mind that many children do not care for the ordinary WHITE Rice pudding, Lingfords place a packet of their de-luxe Custard Powder into each carton. The addition of a little custard to a Rice pudding makes a still creamier and more delicious dish.

LINGFORDS De-Luxe SEMOLINA

In Packets

Lingfords de-luxe Semolina is specially milled from selected grain—only the best wheat kernels of superfine quality being used, and, because of its fine, individual grain and complete absence of "flour," the resulting pudding or blanc-mange is deliciously creamy and appetising. Lingfords de-luxe Semolina can be used for boiled Semolina puddings with milk, Blanc-Manges, as a thickener for soups and also as an ideal food for invalids and infants. A packet of Lingfords de-luxe Strawberry Blanc-Mange Powder, if used in the preparation of the Blanc-Mange or Pudding, adds still further to the colour and flavour of the sweet.

LINGFORDS De-Luxe TAPIOCA

In Packets

A great deal of time and effort has been spent by Lingfords in trying to find a type of Tapioca different from and superior to that hitherto obtainable. At long last, we succeeded and we are now able to offer to the public a fine "individual flake" which, as a result of special granulation and the elimination of all flour and uneven pieces, Lingfords Tapioca makes a pudding far ahead of any Tapioca Pudding hitherto possible. Incidentally, this small "pin-head-size" flake can be cooked up into a delicious creamy Tapioca Pudding in less than five minutes. A packet of Lingfords de-luxe Custard is enclosed with each carton, and if a little of the Custard Powder is added to the Tapioca Pudding a delicious Tapioca-Custard effect is obtained. Small children sometimes prefer a custard type of Tapioca Pudding to the ordinary WHITE milk pudding.

Cereals of this kind are of great benefit to growing children and, by the addition of Lingfords de-luxe Custard, the milk pudding is made into a real luxury sweet for them.

BAKING BREVITIES

1. Always grease tins before preparing the mixture.
2. When Christmas cakes and other rich mixtures are being baked the tins should be lined with greaseproof paper, and as an additional precaution from burning the outside should have a wrapping of brown paper held firmly with string.
3. To save time in cold weather butter or margarine should be softened by being warmed.
4. Fruit must always be dried and cleaned before mixing as damp fruit makes cakes sink in the centre.
5. Avoid opening the oven door before a cake is "set" and never move unnecessarily.
6. Rich fruit cakes should always be made stiffer than these of a plain spongy variety.
7. Do not vary the amount of BAKING POWDER recommended for use, as these recipes have been very carefully tested and all ingredients have been perfectly balanced.
8. Always sift flour and Baking Powder together and mix thoroughly before adding any other ingredients.
9. Always test each egg by breaking each one into separate basin before adding to the other ingredients.
10. Always test your oven before use and allow time for it to reach the desired temperature before placing in your cake.
11. If at any time the cake becomes too brown before it is "set" place a layer or two of greased paper over the top of the tin.
12. Large cakes should be baked in a cooler oven than small ones. Buns, scones and small cakes require a quick oven.
13. Always use Lingfords', the best Baking Powder for GOOD cakes and pastry.

One rounded tablespoonful of butter weighs about 1 ounce.
One heaped tablespoonful of sugar weighs about 1½ ounces.

HOW TO TEST OVEN

- A Quick Oven will scorch a sheet of notepaper without burning it.
A Moderate Oven colours notepaper a medium brown.
A Slow Oven turns notepaper to yellow.

HANDY COOKERY HINTS

Fruit for cakes should be floured or the fruit will sink to the bottom of the cake. All fruit should be added dry. Damp currants will ruin a cake. To clean currants and raisins and to remove stalks quickly, rub them in a sieve in a little flour, the flour falls through the sieve taking dirt and stalks with it. To soften candied peel remove the sugar and soak in boiling water.

To prevent mixtures sticking to the spoon dip it in milk before using.

Butter in recipes is meant to imply butter, margarine or lard. The disadvantage of lard is that it aids burning.

Test cakes with a knitting needle. When particles of the cake adhere to the needle the cake requires more cooking.

WHY DO CAKES RISE?

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Why do cakes rise? Why do cakes fail to rise? Why do cakes sink ten minutes or more after removal from the oven?

Why do teachers say: "If you have baking powder you don't need eggs?"

Now in this matter of the rising of cakes there are three different factors at work. The first factor is the property of gluten, a constituent of the flour. If we can fill it full of air bubbles and then heat it, it will set into a honeycomb or sponge as in well-made bread or cakes. The second factor is that air (or any other gas) expands greatly on being heated. The third factor has to do with baking powder, and is that soda bicarbonate and tartaric acid, or soda bicarbonate and cream of tartar, when mixed and made wet give off a gas (carbonic acid gas), and this gas expands on heating. Let us take factors one and two together first. Gluten is elastic but sets on heating, and air expands on heating. If we make a cake mixture and entangle air in it, and then heat it to the correct temperature the heat will expand the entangled air, and that air will fill the mixture with bubbles—that is, cause it to balloon up or "rise." Also the heat will set the gluten when the mixture has risen, so that the cake can't sink again whatever happens to the air that made the cake rise. If the oven is too hot the gluten will set before the air has done all the expanding it might have done and then the cake mixture will not have been blown out as big as it might have been—in fact it is mildly heavy. If the oven is too cool some of the air entangled in the original mixture will escape altogether. The cake will rise up, certainly, but will sink again as the air escapes because the cool oven won't set the gluten, or it sets it so slowly that the air is gone by the time the "setting" process has got properly to work. So much for factors one and two, gluten setting and air expanding. Now let us look at one and three, that is, gluten setting and the giving off of a gas when soda bicarbonate and tartaric acid are mixed and moistened.

Soda bicarbonate and tartaric acid, or cream of tartar, are the important ingredients of baking powder, and once these two chief ingredients begin to get moist, even very slightly, carbonic acid gas begins to be given off at a rate depending on the amount of moisture present. The moisture may come from the eggs used, or the milk or the water. Now this carbonic acid gas is wanted inside the cake when the cake is inside the oven, for, as we said just now, it is the expansion of the carbonic acid gas—or possibly air—under the influence of the heat of the oven which blows out the mixture and makes it rise; therefore, as soon as ever the mixture has been moistened, the cake or pastry, etc., must go straight into the oven.

Why does a cake sink in the middle sometimes after it has come out of the oven? There can be only two reasons: (1) The cake came out before it was cooked through, and as the air inside cooled, and so shrank, the wet "unset" gluten in the centre sank gently down and spoilt the cake; or (2) there was too much baking powder and it blew the gluten out so much that, like an air ball, it collapsed inside the cake where it was hottest and you couldn't see it. As soon as the sustaining hot air cooled and contracted down fell the crust of the cake through the big invisible hole inside.

Therefore, don't start making cakes till your oven is on the high road to being hot enough. Don't leave the greasing of your tins till after you have mixed your cake, grease them before. Don't make more mixture than your tins will hold with the idea of using up the remainder when cake No. 1 comes out of the oven. Cake No. 2 may prove all right, but you can't bank on it. Last, but not least, use a good brand of baking powder.

*(From a wireless talk by Mrs. V. H. Mottram (slightly amended),
Copyright by Lingfords, the Best Baking Powder).*

Extracts from just a few of the thousands of Testimonials received.

"I must congratulate you on the book, which is the best I have had, one which REALLY suits present-day purses. I have used Lingfords for nearly 30 years now and I know that there is no Baking Powder to equal it."

"Whilst up north at Stockton-on-Tees I purchased some Baking Powder of your make but unfortunately, I don't know the name of the shop. As it is so very different from any other make I have used I wondered if you would inform me if it is possible to get a further supply in my district."

"I thank you for your Recipe Book. Yours is excellent Baking Powder, nothing will make me use any other—no fear of spoiling pastry with Lingfords."

"I have used Lingfords Baking Powder for sixteen years from the advice of my mother who always used it. I can say, firmly, I have great success in my cakes."

"I wish to thank you for your book of Recipes received from you. I have used Lingfords Baking Powder ever since I had a home. I remember my mother used to use it."

"I have used your Baking Powder for a few years and I have recommended it to a good many people and friends, in fact they will not be without it, like myself. I will always recommend it wherever I go."

"It has seemed almost tragic when baking day has come round and we were "out" of Lingfords. It gave me little comfort for the grocer to say 'This is just as good.' The experience of many years has taught us otherwise—we prefer Lingfords."

FREE GIFTS.

In order to provide Free Gifts for you we have set aside a portion of the money usually spent upon advertising.

There are Free Gifts to furnish your Kitchen, your Bathroom, and your Breakfast, Dinner, Tea and Supper Tables.

All these Free Gifts are being bought by us from the usual wholesale and retail distributors and NOT FROM MANUFACTURERS. Thus, Lingfords is the only Gift Scheme in operation where the distribution of household goods through the usual trade channels is not disturbed.

TO OBTAIN FREE GIFTS.

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RICE and CORNFLOUR.

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